

Purpose Consisting of 59 items, the SWAI was designed to screen for excessive daytime sleepiness in a clinical setting. Specifically, the scale evaluates six domains: excessive daytime sleepiness, distress, social desirability, energy level, ability to relax, and nighttime sleep. In contrast with laboratory measures like the Multiple Sleep Latency Test (MSLT), the SWAI offers a quick, inexpensive method for assessing excessive daytime sleepiness.

Population for Testing The SWAI has been validated with a population of individuals aged 16–81 years.

Administration Requiring between 10 and 15 min for completion, the scale is a self-report, pencil-and-paper measure.

Reliability and Validity Initial psychometric validations conducted by developers [1] have demonstrated an internal consistency ranging

from .69 to .89, and have found a significant correlation between the SWAI's excessive daytime sleepiness factor and the results of MSLT.

Obtaining a Copy An example of the scale can be found in the original article published by developers [1].

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Scoring The scale examines a respondent's tendency to fall asleep in inappropriate situations. Questions are posed using a Likert-type scale that ranges from 1 (meaning the behavior is always present) to 9 (indicating that it never occurs). Individuals are asked to refer to the previous 7 days when answering. Lower scores are indicative of more acute daytime sleepiness.

Sleep-Wake Activity Inventory (SWAI)

1. I seem to have very little time for my hobbies.
2. I enjoy my daily activities.
3. I have a lot of control over my schedule.
4. I get drowsy two or more times during the day.
5. I feel resentful when I don't get my way.
6. Even if I am sick, I keep going as usual.
7. I get the blues.
8. My energy level is high.
9. I doze off while watching TV.
10. I hesitate to go out of my way to help someone in trouble.
11. I have difficulty with falling asleep.
12. I am liked by people.
13. I can take a nap anywhere.
14. I feel slowed down.
15. I have been irked when people expressed ideas very different from my own.
16. I seem to have very little control over what happens to me.
17. When I am sleepy, I try to keep it to myself.
18. Even if I take a nap, I sleep well at night.
19. My muscles feel stiff.
20. I have very little control over my work schedule.
21. I have doubts about my ability to succeed in life.
22. I can relax without falling asleep.
23. I feel motivated by my daily activities.
24. I fall asleep during a conversation.
25. I am disliked by people.
26. I insist on having things my own way.
27. I get impatient easily.
28. I have a strong will power.
29. I get drowsy driving a few minutes.
30. My mind seems to be working slower than usual.
31. I resent being asked to return a favor.
32. I feel useless.
33. Even if I'm sleepy, I try to just keep going as usual.
34. I seem to have enough time for my hobbies.
35. It takes me less than 5 minutes to fall asleep.
36. I have felt like rebelling against people in authority even though I knew they were right.
37. I feel uneasy most of the day.
38. I seem to have very little time to relax.
39. I set deadlines or quotas for myself at work or at home.
40. I get drowsy within 10 min when I sit still.
41. My mind seems to be working faster than usual.
42. I would rather sit and daydream than doing anything else.
43. I try to get even, rather than forgive and forget.
44. My life is filled by challenges which need to be met.
45. I fall asleep when visiting with friends.
46. I seem to have a lot of control over what happens to me.
47. I am irritated by people who ask favors of me.
48. When in competition, I try hard to win.
49. My temper is fiery and hard to control.
50. I get sleepy after reading for 15 minutes.
51. I seem to have enough time to relax.
52. If I could get into a movie without paying and be sure I was not seen, I would do it.
53. I doze off when relaxed.
54. I fall asleep when riding as a passenger.
55. My appetite is poor.
56. I like to gossip.
57. I make written lists of what needs to be done.
58. When bored, I tend to drift away.
59. I can feel my heart beating.

Reference

1. Rosenthal, L., Roehrs, T. A., & Roth, T. (1993). The sleep-wake activity inventory: a self-report measure of daytime sleepiness. *Biological Psychiatry*, 34(11), 810–820.
- Rosenthal, L., Bishop, C., Guido, P., Syron, M. L., Helmus, T. Rice, F. M., & Roth, T. (1997). The sleep/wake habits of patients diagnosed as having obstructive sleep apnea. *Chest*, 111(6), 1494–1499.

Representative Studies Using Scale

- Breslau, N., Roth, T., Rosenthal, L., & Andreski, P. (1997). Daytime sleepiness: an epidemiological study of young adults. *American Journal of Public Health*, 87(10), 1649–1653.